

Group Exercise and SilverSneakers® March 2014

TLRC membership is NOT required to join a group exercise class; however, registration fees apply. For more information about registration or to sign up, visit the TLRC front desk or bloomington.in.gov/TLRC.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 a.m.			Mini Marathon Training			
8:30 a.m.		SilverSneakers® Cardio		SilverSneakers® Cardio Nia®		Boot Camp
9:30 a.m.	Turf Time for Toddlers SilverSneakers® Classic	SilverSneakers® Circuit	Turf Time for Toddlers SilverSneakers® Classic	SilverSneakers® Circuit		
10 a.m.						Yoga Core
10:30 a.m.	SilverSneakers® Yoga	SilverSneakers® Classic	SilverSneakers® Yoga	SilverSneakers® Classic		ZUMBA® Gold <small>*NEW!</small>
5:30 p.m.	Nia®	Boot Camp Joyful Hoops	20/20/20 Beginning Yoga	INSANITY®		
6 p.m.	Yoga	Pilates				
6:30 p.m.	ZUMBA®	Cardio Kickboxing	ZUMBA®	Cardio Core		
7:30 p.m.		Core Essentials		Stretch Fit	Swing Dancing	

SPECIAL EVENTS

Bring a Buddy Day:

First Thursday of each month. Bring a friend to work out for FREE!



SilverSneakers® Lunch

March 17
10:30 a.m.
SilverSneakers® Yoga does not meet on this date.



Group Exercise Spring Session trial week

Try a class for free March 3-8. Spring session runs through May 3.

Classes do not meet March 17-21.



1700 W. Bloomfield Rd.
(812) 349-3720

Hours:

Mon.-Fri. 5 a.m.-10 p.m.
Sat.-Sun. 7 a.m.-10 p.m.

Many of our group exercise classes are now FREE to TLRC members!

*ZUMBA® Gold participation is free through 3/29!



Like us on Facebook!

Twin Lakes Recreation Center

bloomington.in.gov/TLRC

Free, Ongoing Programs for Adults (ages 50 yrs. and up) March 2014

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.
It is closed Saturday and Sunday except for reservations and scheduled activities.

Participation in these programs is free and TLRC membership is not required.
For more information about programs and services for adults call (812) 349-3727.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.	Volleyball	Volleyball Lap Quilting	Volleyball	Volleyball	Volleyball
10 a.m.	Pickleball		Pickleball		Pickleball
10:30 a.m.	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
11 a.m.	Tai Chi Qigong				
noon	Mahjong				
1 p.m.	Bingo		Bingo		
1:30 p.m.			International Folk Dance		Advanced German
2 p.m.	Bunco	Aerobic Exercise	Bunco		Aerobic Exercise

SPECIAL EVENTS

Tax Assistance

Drop-in service on the Lower Level, no appointments necessary.
Wednesdays, 9 a.m.–3 p.m.
Thursdays, 2–6 p.m.

Legal Counseling

March 3 • 3 p.m.
by Atty. Tom Bunger.
Call 349-3727 to register.

Birthday Celebration by Meadowood

First Wednesday of each month at 12:45 p.m.

Breakfast Bash

March 27 • 8:30 a.m.
Registration required.
Call 349-3727 to register.

Sponsored by  Indiana University Health

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, or for a list of participating insurance carriers, visit the TLRC front desk.



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